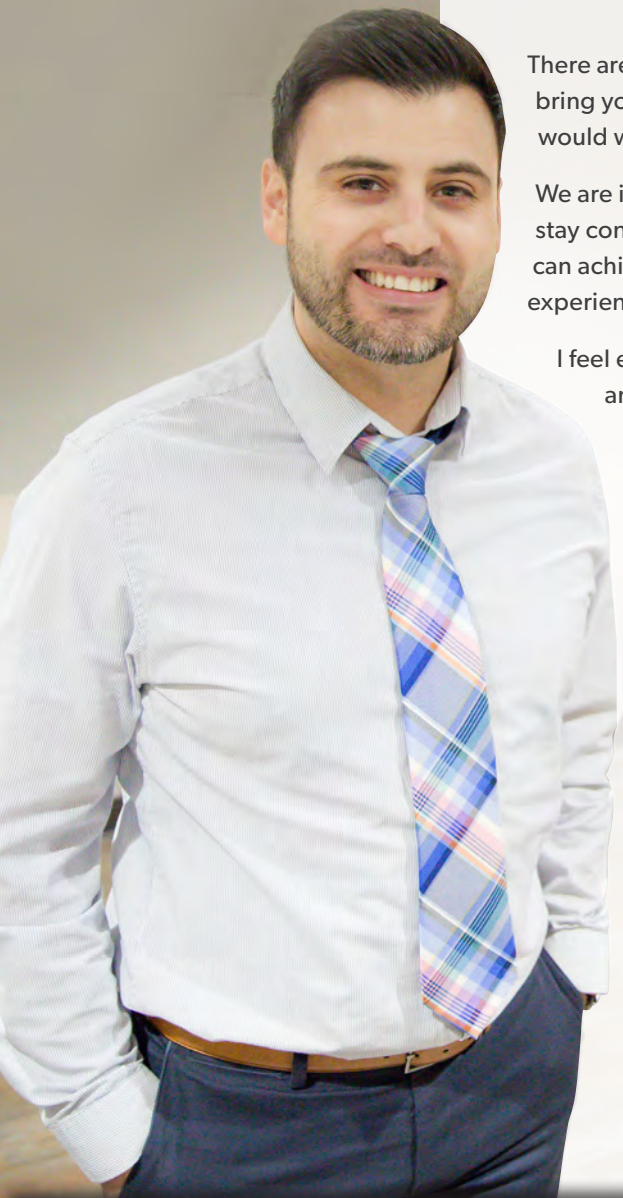


HomeTown HEALTH

DECEMBER 2018



The holidays are upon us!



There are many blessings to count this season. Take a moment to celebrate those things that bring you joy! Here at CBHA we focus on delivering an experience to our patients that we would want for our family members and ourselves.

We are intentional about the way we deliver service and how we are growing and strive to stay connected to our mission. As long as we remain connected to purpose, the things we can achieve are limitless. It's at the core of what we do, and the result is a positive patient experience.

I feel extremely blessed for the opportunity to work alongside a group of passionate and purpose driven individuals, who truly care about the health and wellness of our communities. It is my hope that the dedication our employees show each and every day has had a meaningful and positive impact on you, our patients, throughout this year. I also invite you to continue your journey with us throughout 2019 as CBHA strives to exceed your expectations in everything that we do.

As we move FORWARD, CBHA leadership WILL commit to excellence, measure the important things, build a culture of service, create and develop great leaders, focus on employee satisfaction, build individual accountability, align behaviors with goals and values, communicate at all levels, and recognize and reward excellence.

I hope these words bless you as they did to me - "Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow." – Melody Beattie

God bless this Holiday Season.

Cover: CBHA Provider
Annie Coronado, PA-C

Nieves Gomez, CBHA President, CEO



Hometown HEALTH

BROUGHT TO YOU BY THE CBHA MARKETING TEAM

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CBHA.WA



CBHA_WA



CBHA_WA

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For Clinic Hours and Departments: CBHA.org

Information in Hometown Health comes from a wide range of experts. If you have any questions or concerns about specific content that may affect your health, please contact your provider.

nickelodeon
eye wear

Available at
CBHA Eye Care

YOU RAN. YOU WALKED.

YOU MADE A DIFFERENCE.

Color Us

Grateful

“IT WAS SO AMAZING TO SEE CBHA AND OUR COMMUNITY COME TOGETHER LIKE THIS.”

You connected to the cause, to our area children and to our community. On September 29th more than 750 of you participated in our first 5K Color Run: CBHA Run for a Cause. We were overwhelmed by the community’s response. With 550+ walkers, runners and strollers, as well as dozens of CBHA staff and 200+ volunteers, we exceeded our goals in terms of funds raised and community involvement.

“We had a great turnout,” said CBHA Chief Executive Officer, Nieves Gomez. “It took a tremendous effort from CBHA staff to put this event together and it was all worth it!”

Each color used in the first annual Run for a Cause represented a chronic childhood condition affecting children in the community. Special needs included: Asthma (pink), Down syndrome (blue), Autism (orange), Spinal Muscular Atrophy (purple), Childhood Diabetes (yellow), Behavioral Health (green), and celebrating all children with special needs (red). Learning about each condition proved to be educational, but also inspiring, as the strength and determination of the families of children with special needs was so evident.

“I had the opportunity to meet Harper Ramos, a 5-year-old child with SMA Type 2 and his mom, Crystal, who really connected all this to purpose,” said Nieves Gomez. “I learned that Harper has a twin, Hendrix, who also was diagnosed with SMA Type 2. Supporting families that face these types of chal-

lenges every day is just the right thing to do.”

With the weather cooperating, participants turned out in even greater numbers than had originally signed up. Everyone enjoyed the thoughtful planning and celebratory mindset that was central to making this event happen.

“It was a very amazing experience to be part of something like this. I’m very proud of everyone who made this possible,” said Tenchy Lara-Garza, Run for a Cause participant. “It was so much fun,” echoed Jeanette Carmona, another participant. From face-painting to Photoboxx pics, soccer to snow cones, there was plenty of fun to be had — all while raising money for a great cause.

“It was so amazing to see CBHA and our community come together like this. Everyone really got behind this event. Many community members and several Othello High School students were part of the run as volunteers!” said Kristen Stevens, CBHA Health and Wellness Director.

“This type of event is what community is all about. We intend to host a 2019 event — we are confident it will become a successful tradition,” said CBHA CEO

Nieves Gomez. Others seem to heartily agree: “CBHA, thanks for the totally cool Color Run! You all did a great job. Organized, friendly, great cause and family friendly. Loved it! Thanks you!” said Stacey Hillman.

Thanks to the community for turning out and to our generous partners, not only was CBHA able to make a considerable donation to support research for cure and treatment of Spinal Muscular Atrophy (SMA), but CBHA will also be able to provide support for several families and their children with special needs.

CBHA Chief Operations Officer, Blake Barthelmess, was also pleased with the perfect combination of activity, involvement and education. “We were very excited to celebrate wellness in our community with the Run for a Cause event and appreciated the incredible turnout. This level of participation is an important part of raising awareness in our communities.”

This event wouldn’t have been the cause for celebration that it was without you.

...see page 7

\$12,000+
raised for Cure SMA
and for local children
and families with
special needs

200
community
and staff
volunteers

24
partners
and
donors

550+
runners and
walkers
participated



HARPER AND HENDRIX STRONG

Spinal Muscular Atrophy (SMA) was one of the conditions highlighted during the Color Run on Saturday, September 29th. Kristen Stevens, CBHA Director of Health and Wellness, served as director of the event. She worked with the Pacific NW Cure SMA Chapter who directed her to Crystal and Noe Ramos, parents of twin boys who have SMA II. The family lives in Kennewick, Washington.

Kristen called and invited them to the Color Run. The state SMA Foundation had also contacted Crystal and asked her to attend and set up an information table about the rare condition.

THE COST OF HOPE

There was a time when the Ramos family had almost given up hope to finding help for their boys. Hope came in the form of the new drug Spinraza. It also came with a huge price tag. Dr. Susan Apkon is director of rehabilitation medicine at Children's Hospital in Seattle. She worked with the Ramos family in overseeing Harper and Hendrix's treatment.

Six doses of the drug are required for the first year of treatment, costing about \$750,000, followed by four doses each year thereafter. With twins, the cost was doubled for the Ramos' family. Their private insurance covered a sizable portion of treatment but still left the family agonizing over the reality that they might not be able to afford the treatment.

Dr. Apkon discussed SMA and the benefits of the new treatment at the state capital in Olympia during Spinraza's formal drug review process and Medicaid policy presentation. Medicaid did agree to cover the cost and the Ramos twins are benefiting from the life changing treatment. However, future funding for the 30 million children in the country who rely on Medicaid remains in jeopardy.

Meet five-year-old Harper Ramos and his mom, Crystal. Twin brother Hendrix could not attend because he wasn't feeling well (something he wasn't very happy about!).

"We all had a great time. My parents came with Harper and me," Crystal said. "Everyone was so nice to us, welcomed us and were very careful not to get the powdered color in Harper's face."

During the Color Run, Harper and his mom met CBHA Chief Executive Officer Nieves Gomez for the first time. They share a common history; Nieves and his wife, Valerie, lost their six month old son, Liam, to SMA in March, 2013. Harper and his twin Hendrix were diagnosed with SMA Type II in the summer of 2015.

Like little Liam, the twin boys met all their benchmarks at birth and progressed normally for a time. However, their parents, Crystal and Noe, became increasingly concerned when they weren't bearing any weight on their feet at 8 months old. Hendrix

still wasn't crawling at 15 months and Harper had lost his ability to crawl with just his arms. The twins were referred to Seattle Children's Hospital. Harper was diagnosed with SMA Type II on June 24, 2015; Hendrix received the same diagnosis exactly one month later.

"After crying for several weeks," Crystal said, "we settled down and vowed to do everything we could to help them. We took them to occupational and physical therapy sessions that



Harper and his grandpa "Welo" at the CBHA Color Run

WHO IS READY FOR NEXT YEAR?!

People who participated told us our first Color Run was so much fun, they hope we do it again. Good news! We are! Fall of 2019 will mark our second annual Run for a Cause. We plan to make the event a CBHA tradition. More details to come - CBHA.org/Events

did little to combat the progression of the disease. Eventually they were weakened to the extent that they needed a cough assist machine to clear congestion in their lungs."

Crystal and Noe were aware that drug trials featuring a medication called nusinersen were being conducted at Seattle Children's, but their twins were too old to participate in the trials. The results were very promising, including advances previously not seen, including helping children walk.

The twins were three by the time they began taking the drug, which didn't gain FDA approval until December of 2016. Crystal remembers sitting on the couch after getting the news of the drug's approval on Christmas Day. "We sat there laughing and crying. It was really a special moment." The twins have been improving ever since.

"Harper and Hendrix go to Kindergarten full-time. It's a busy schedule," Ramos said. "School daily and physical therapy weekly. They practice their wheelchair stamina in the gym. They are doing well. However, they are also very susceptible to colds and respiratory issues. They have BiPAP machines at night and a type of machine that vibrates and helps break up mucus before it builds up in their lungs. They have been much healthier ever since they began treatment with the Spinraza (drug was renamed at the time it gained FDA approval) and have the machines at home to help care for them."

Ramos says the smaller of the boys, Hendrix, was frequently in the hospital before these treatments were available to them. Now, as soon as the parents notice a cough developing, they get them on the machines.



Crystal and Noe with sons - (left to right) Santana, Harper and Hendrix

The Ramos family considers themselves very fortunate in that the boys' father is able to be home full-time. They have an older son, Santana, as well. Crystal works full-time for the Kennewick School District as a bi-lingual literacy coach.

She said it is almost a full-time job to navigate insurance issues and get the boys the equipment they need. "Right now we are working on acquiring car seats," Ramos said. "We've already gotten two that had to be returned. The twins are too small for booster seats. Insurance only pays for certain kinds. It will take two or three months before we get the right ones. We really have to advocate for them!"

Both parents advocate for newborn screening to detect if the infant is lacking or only possessing small amounts of the protein SMN2. If so, the drug Spinraza can be given at just five days old to prevent symptoms from developing. It is their hope that the State of Washington will soon make screening for SMN 2 mandatory for all newborns.

...Continued from page 5

Your participation, your excitement and your support for children with special needs is clear.

"I can't wait for next year's Color Run," said Kristen Stevens. "It was that much fun!"

The 5K Color Run: CBHA Run for a Cause was a fantastic opportunity for community members to get onto the new campus in Othello. Since opening the new location in the fall of 2017, CBHA leadership has continued to seek opportunities to bring together community members.

In addition to more typical educational classes for patients, CBHA has also offered lunch and learn events on mental health and self-care, a Mother's Day celebration event in May, and a summertime health fair for families. Health and wellness classes like yoga and Zumba are also offered as part of an ongoing wellness effort aligned to the TotalYou health program.



CBHA COLOR RUN DONORS AND SUPPORTERS

<p>Amerigroup</p> <p>Molina</p> <p>US Bank</p> <p>Ambetter - Coordinated Care</p> <p>Petersen Hastings</p> <p>Abadan</p> <p>Gamache Landscaping, LLC</p> <p>Neenan Archistruction</p> <p>K3 Farms</p> <p>SKC Consulting, LLC</p> <p>Anytime Fitness</p> <p>B & B Sales</p> <p>Middleton Fall Festival</p> <p>Melissa Alvarez, PA-C</p>	<p>Mattawa Chamber of Commerce</p> <p>Fernando Moreno</p> <p>Pegram Construction</p> <p>Beyond Sight Media</p> <p>Nestle USA, Inc.</p> <p>Othello PRCA Rodeo</p> <p>Reichert's Showhouse</p> <p>SolarX Works</p> <p>Casa Mexicana</p> <p>Tari Perez and Angela Kudsk – FBLA / AVID Advisors</p> <p>Amy Hurlbut</p> <p>Erin Allred Murphy</p>
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*Many special thanks to our partners for this event.
Your generous support made this event more
successful than we dared to imagine!*





Calvin Klein
eyewear

AVAILABLE AT
CBHA EYE CARE

Columbia Basin Explorations

CBHA developed mission and vision statements years ago when there was only one small clinic. The Vision Statement reads: "Our vision is to be a model of excellence in patient satisfaction in community and migrant health care and a community leader in initiating and developing collaborative relationships." Part of CBHA's hardwired culture is to be a valuable contributor to the communities that we serve. Beginning in this issue of Hometown Health we will spotlight some of the businesses, events, features and community dynamics that we think make our area such a great place to live and work.

We call this "Explorations."



Mattawa

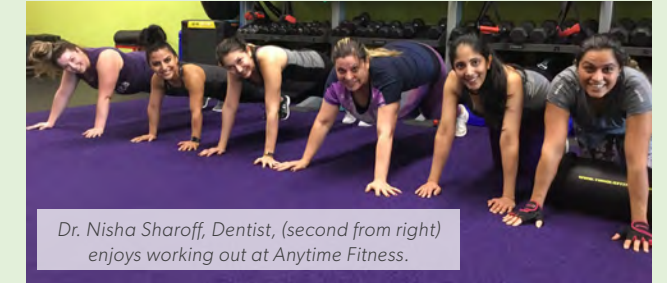
CBHA management staff held leadership training at the Wanapum Heritage Center this past summer. "We took a break from our seminar one day and decided to do a little exploring," said Courtney Olson, Wahluke Clinic manager.

The Wanapum Heritage Center is a short drive out of Mattawa south on Highway 243. The 50,000 square foot center is located on the ancestral grounds of the Wanapum people, along the bank of the Columbia River. It is an amazing place to connect with our area's rich indigenous heritage.

CBHA is actively involved in the Mattawa community. Lars Leland, Director of the Port of Mattawa, also volunteers his time as President of the Mattawa Chamber of Commerce. "We appreciate CBHA encouraging clinic staff to be so actively involved in community events benefitting Mattawa," he said.

The Chamber of Commerce was able to recruit the Millbrandt Company to locate its Wahluke Winery here. Jones Winery also settled here. Olson says she, as well as the rest of CBHA staff, consider themselves fortunate to live and work in such a beautiful area.

Photo courtesy of the Grant County PUD



Dr. Nisha Sharoff, Dentist, (second from right) enjoys working out at Anytime Fitness.

Othello

An employee Positive Pulse Program focusing on mind, body and health has been in place at CBHA for a number of years. Employees benefit from this program through group hikes and walks around the area, organized sports competitions and other forms of physical exercise.

However, there was one need that wasn't being met and that was the availability of indoor exercise 24 hours a day to accommodate various work schedules. "CBHA contracts with Anytime Fitness, a local exercise gym in Othello that is open 24 hours a day, seven days a week. Our employees are given a key to the facility and they can exercise any time they want," said Blake Barthelmess, CBHA Chief Operations Officer.

Nathan Spinelli, CBHA Pharmacist, works out at Anytime Fitness three mornings a week. "I go in at 5 am on Monday, Wednesday and Friday," he said. "It is very convenient for me to work out before I go to work."

Photo courtesy of Anytime Fitness (Othello)

**We encourage you to get out and explore our region.
There are adventures around every corner!**

Tap into Total Support with TotalYou

We care about all your numbers, not just those that appear on the scale or the blood pressure cuff. The whole picture of your health is what matters to us...

- What's your stress level on a scale of one to ten?
- Who are the support people you have in your life – people you could call in an emergency? Are there at least two?
- How many hours a week do you have to devote to self-care, whether that's reading a book, walking around the block a few times, or taking a hot bath?
- How many hours a night do you sleep on average?

All of these factors – emotional, mental, social, and physical – contribute to the overall picture of your health. The TotalYou.

For example, if you live a busy, stressful life in which you have little time to relax, not enough time to sleep or to prepare balanced meals, these factors can be reflected in your blood pressure, your weight, your activity level, and even your heart health – all of which contribute to how much energy you have and how you feel on a day-to-day basis.

Following are some of the ways we are here to support you on your road to better health:

LIFESTYLE COACHING

Whether you're facing difficult, life-changing decisions or could simply use a sounding board for family or career issues, CBHA can help. We have trained behavioral health specialists who guide patients through challenging periods, with the goal being a calmer, more centered, more focused and healthier you.

NUTRITION EDUCATION

A general understanding of basic nutrition provides a firm foundation for optimal health. Conditions like pre-diabetes and diabetes make nutritional choices especially important. Our registered dietitians have extensively studied nutrition and how the body responds to different foods. They help develop individual, personalized plans for each patient, as no two are exactly alike.

RELATIONSHIP SUPPORT

Often when we are over-scheduled or under a lot of stress, we let our relationships fall by the wayside. But studies show that having mutually supportive relationships in our lives contributes significantly to a greater sense of our wellbeing. If you are struggling, our Behavioral Health specialists can help you address the issues and get you back on track.



CBHA Health Educators: Noemi Medina, Cinthia Morales and Irene Faustino

STRESS MANAGEMENT

In addition to lifestyle coaching, CBHA offers helpful classes that can help reduce and manage stress levels, like yoga and Zumba. We also have events during which our Behavioral Health team teaches attendees about important stress management and coping techniques.

As you can see, TotalYou isn't just about weight management. It's about addressing the factors in your life that contribute to the areas you'd like to improve. Why aren't you getting enough sleep? What makes you want to reach for that cigarette? How might you improve your diet or get more exercise? Who can help you manage your child's struggles at school?

Recognizing and addressing the reasons you've come to the place you are, and meeting you where you are now, is what our TotalYou program is all about.

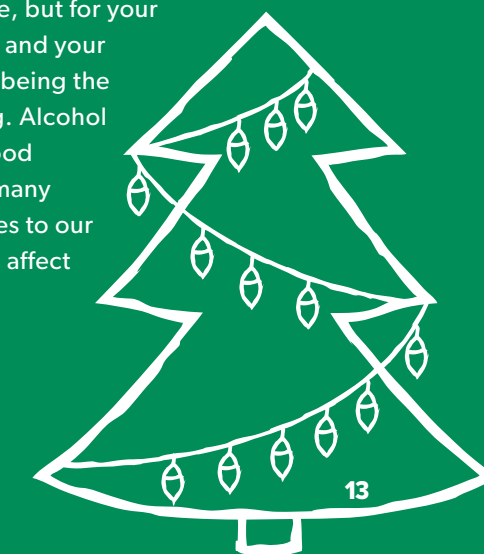
Let's make 2019 the year you devote to you!

What will 2020 look like when you do? Connect with us at CBHA to learn more 509.488.5256

Tips for Heart Healthy Holiday Indulgence



1. Have a party or a big meal later in the day? It's much better to have a few small meals early on, so you're not so hungry that you over-eat late in the day. You will consume fewer calories overall by not restricting and then bingeing.
2. It's okay to treat yourself. It's the holidays. It's not a good time to cut out all sweets or deprive yourself of entire food groups. But choosing wisely and passing on the bread if you know you'll want the dessert later will help balance those indulgences.
3. Drinking plenty of water improves digestion and organ function, while also reducing appetite. But caffeinated beverages won't help the goal of hydration, and should be limited.
4. Remember that a balanced diet includes plenty of vegetables, fruits, and leafy greens – and moderate amounts of starchy foods, dairy, and meat.
5. Keeping track of the number of alcoholic drinks you consume is wise not just for your waistline, but for your relationships and your general well-being the next morning. Alcohol increases blood sugar, adds many empty calories to our diet, and can affect judgment.



Sarah Stapelmann, CBHA Registered Dietitian and Dr. Nichole Tomblin, Dentist



Gabriela Araico, CBHA Registered Dietitian



Justine and Chris Brunetti with daughters Briella and Joycel

TIPS FOR KEEPING SAFE, WARM AND HEALTHY DURING THE

WINTER

The hours of daylight are steadily approaching the shortest of the year, which means we're likely to also have some of the coldest temperatures of the year. Winter can also be a time of beauty here in the Pacific Northwest. Take time to enjoy the holiday and opportunities for recreation with family and friends.

Here are a few simple things you can do to make sure you and your family are prepared for the coldest days this winter:

Layer up!
Bitter cold wind and snow can cause frostbite. Dress your child (and yourself!) in several layers for greatest warmth. Dress babies and small children in one more layer than you might wear.

Keep your head covered
Wearing a hat helps you stay warm by trapping the heat from your head. Children are especially prone to frostbite in colder temperatures because their bodies are smaller, so make sure they have hats that fit for playing outside and going to school.

Play it safe
It's not safe to play or sled in the street. Make sure children know to stay out of the street, and to come inside when they are wet or cold. Children should wear helmets when playing ice hockey, tubing, sledding, skiing or playing ice hockey.

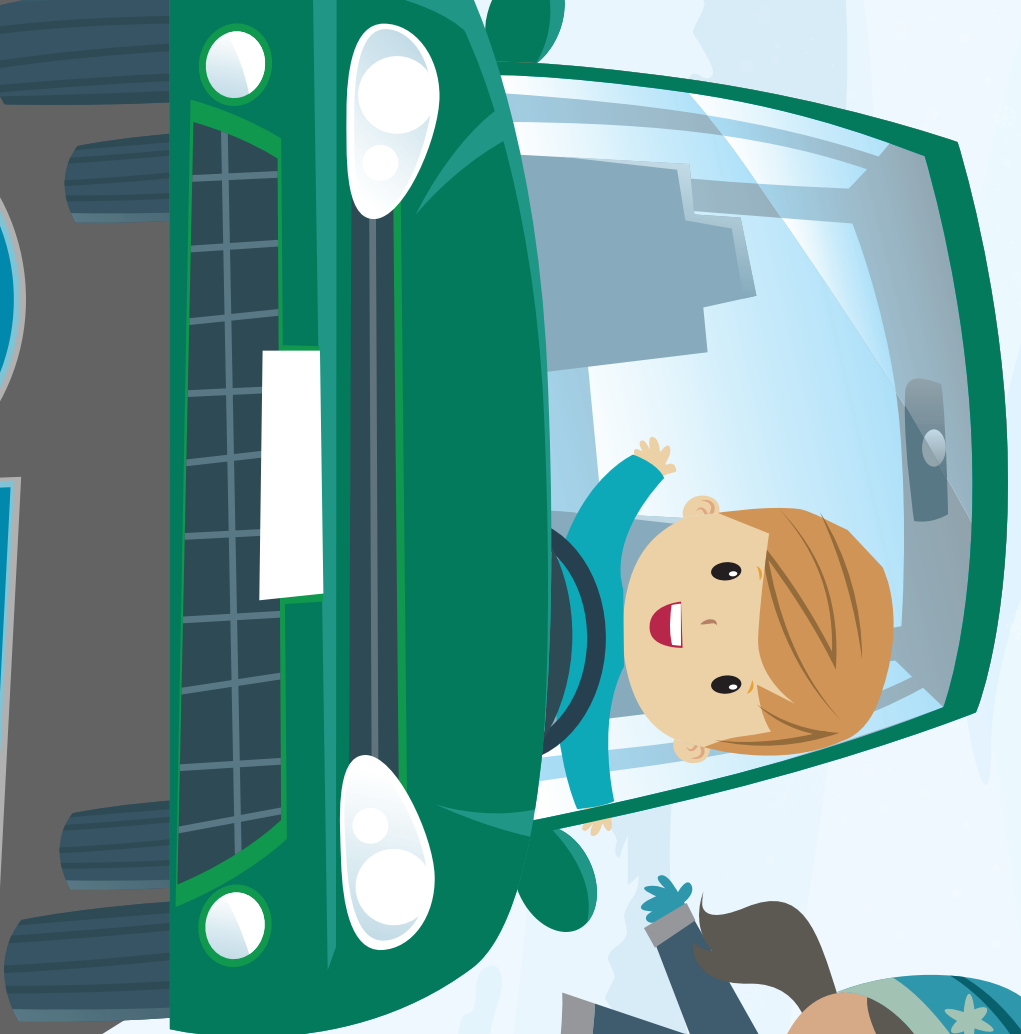
Get your flu shot
The flu season peaks from December through February but can last as late as May! So, if you haven't received your flu shot yet, it's not too late for it to help you. It's also a good time to check up on your other immunizations, too.

Wash your hands
Frequent hand-washing helps prevent the spread of germs that cause cold and other viruses.

Take care of yourself
Winter can be a time of more illness and seasonal depression, so if you or someone you care about just isn't feeling well, has low energy or mood, a cough that won't go away, or any other unusual symptoms, be sure to see your provider.

Prepare your car for an emergency
Keeping a blanket, a few bottles of water, and a few days' worth of nonperishable food in your car or trunk is wise, just in case you end up stranded.

Check your tires
If the tread on your tires is too shallow, it's time for new tires. Here's an easy way to measure: The Quarter Test. Insert a quarter into the groove of your tire upside down, so that the top of Washington's head is immersed in the tread groove. If some of his head is covered by the groove, you have enough tread. If none of Washington's head is covered, then you need new tires.





Every Step of the Way

We Love Our Moms – Past, Present and Future!

Many in our communities began their CBHA Experience at birth, have grown up in our area and now come to us for their own prenatal care, parent education, baby delivery and pediatric care services.

“Every Step of the Way” is a key part of our mission as we move Together Forward. Providing first trimester care for mothers and their unborn babies is how we begin a life-long partnership striving to keep our communities healthy.

CBHA services are available to all, at every step of the way – from family planning, through pregnancy, and into well-child visits and continued care. We are proud to be an integrated care provider, where your doctor knows your dentist, your optometrist knows your nutritionist, and all our CBHA professionals communicate and collaborate to provide the best care for you.

Our goal with each visit is to deliver on the CBHA Experience: the best service, the best experience, for each and every patient, one patient at a time, every time.

PRENATAL CARE WITH CBHA

We want your baby to have the best start possible. And like you, we know that healthy starts begin with excellent prenatal care.

Scheduling and attending regular prenatal visits with CBHA will help ensure the best possible health for your baby. Even if you have been pregnant before and have a good idea of what to expect, it’s important to see your provider in the first trimester.

In the first trimester, your CBHA provider will give you an estimate of the expected delivery date, also known as a “due

date.” Your personal health history and family history will be documented. At your first prenatal visit (and every visit after) your weight, blood pressure and the size of your uterus will be monitored. These measurements can reassure you that your pregnancy is on track and going well.

Prenatal visits occur monthly during the first trimester. Early detection of any problem usually means that the issue can be treated to prevent further complications. At selected visits, you will be offered screenings for specific concerns. Prenatal screening tests are optional for patients but recommended because they assess the risk of having a baby with a specific birth defect or genetic disorder. When a screening is positive, it means that you are in a higher risk category for a certain condition. It does NOT mean your baby has that condition. A normal or negative screen result suggests that you are in a lower risk category. It does not completely rule out the possibility of the condition.

A visit with our registered dietitian is also advised so that you can better understand the key nutrients that will serve as the building blocks for your baby’s development. For example, Omega-3s are important for the baby’s brain development, and you can easily add more to your diet by including more fish or taking a fish oil supplement.

POSTNATAL CARE WITH CBHA

It might feel like the birth is over and you have your healthy baby, so your time in the OB office is finished. But the postpartum appointment is important, so your provider can make sure your body is healing from the delivery as it should. Postpartum appointments generally take place about six weeks after delivery. *...see page 19*

CBHA mom Itzayana Gonzalez
with her daughter, Melissa

FIRST TRIMESTER WEEKS 0-13



DID YOU KNOW

More than half of pregnant women experience food cravings or have aversions to certain foods and smells?



Your first trimester screen

Visit with a CBHA nutritionist



Learn your due date



DID YOU KNOW

Getting enough folic acid during pregnancy can reduce brain and spine defects by as much as 70%?



Start your CBHA pregnancy passport

SECOND TRIMESTER WEEKS 14-28



DID YOU KNOW

40% of pregnant women have some form of periodontal disease?



Monthly visits to track baby's growth and your health



Have a dental exam and a glucose test



Decide who will be your CBHA pediatrician



DID YOU KNOW

Increasing activity reduces the risk of gestational diabetes by as much as 55%?



Update your CBHA pregnancy passport

THIRD TRIMESTER WEEKS 29-40



Receive your 5D ultrasound free to all CBHA patients and receive a stuffed animal with your baby's heartbeat



Prenatal visits every other week



DID YOU KNOW

The uterus grows to 500 times its normal size by the time baby is delivered?



Take advantage of free CBHA monthly child birthing courses and labor support



Pack a bag for your hospital delivery

Complete your entire pregnancy passport and receive your free gift from CBHA



POSTPARTUM CARE



Breastfeeding support offered to you at the hospital and at home



Get your physical health check-ups



Baby reunion with other CBHA moms

DID YOU KNOW

1 in 7 women experience postpartum depression and 50% of women with it have never experienced depression before?



Receive your postpartum depression screening



Postpartum care is important to both you and your baby



Estefania Valdez and daughter Kamilah



Guadalupe Zuniga and son Caleb



Ana Santos and son Ethan

...Continued from page 17

You will also be screened for postpartum depression. Postpartum depression is common yet treatable. Up to one-third of women experience postpartum depression in the first year after giving birth. A routine screen for postpartum depression is just as important as checking your overall physical health. Call us today if you're experiencing any of the following symptoms of postpartum depression:

- Excessive crying
- Fear that you're not a good mother
- Thoughts of harming yourself or your baby
- Severe anxiety and panic attacks

If you're having any breastfeeding challenges, your postnatal appointment is an excellent time to mention those concerns. CBHA's breastfeeding counselor can help you address those concerns and optimize your breastfeeding experience.

While resuming your sex life may be the last thing on your mind, your provider will likely talk to you about family planning and birth control so that you can fully recover from pregnancy and enjoy your baby before another is on the way.

Any other concerns you may have about your overall health can also be addressed at this postpartum visit.



Sara Santoyo,
CBHA WIC
Breastfeeding
Counselor

Question & Answer with CBHA Providers



Q: What do you wish your pregnant patients knew about pregnancy and/or prenatal care?

Dr. Francisco Prada: Even things you do before you get pregnant affect your pregnancy. It is very important to pre-plan for pregnancy. It is important to take prenatal vitamins if you are trying to get pregnant and also to avoid alcohol, tobacco and marijuana. Remember that anything that goes into your body goes straight to your baby.

Dr. Hung Miu, OB/GYN: It is very important to start prenatal care early in the pregnancy.

Q: What pregnancy or prenatal care myth do you most want to dispel?

Dr. Sonia Idrogo, Dentist: That calcium in baby's teeth is leached from mother's teeth. In fact, calcium is needed to help build baby's teeth and bones, but it should primarily come from mother's diet and not her body. That is why we recommend a healthy diet.

Dr. Monique Small, OB/GYN: The myth that breastfeeding prevents pregnancy is false. Actually, you can get pregnant even when you're breastfeeding. Breastfeeding will not prevent you from getting pregnant.

*Dr. Hung Miu, OB/GYN,
estimates he has delivered
over 3,500 babies in Othello.
Maybe he even delivered you!*



About the wait times... From the CEO

Sitting around waiting isn't very much fun. Nieves Gomez, CBHA Chief Executive Officer, is aware that CBHA patients have been experiencing longer wait times lately.

"We are still better than the national average but that knowledge doesn't make you feel any better when you are waiting," Gomez said. "I want you to know we are working on the problem. We have hired five new medical providers this past year; a physician assistant will be starting before the end of the year and an advanced nurse practitioner will start seeing patients after the first of the year. We also have two new dental hygienists."

Gomez said it is also taking longer to schedule an appointment with providers who have been seeing patients at CBHA clinics for many years. "Their patient load is understandably heavier than someone who is new." Gomez recommends trying a new provider. "They have more openings in their schedule, are well trained and eager to meet you."

Call 509-488-5256 and ask for a clinic manager; they will be happy to provide information on available providers.



WELCOME

Amber Madani, ARNP

FAMILY PRACTICE

Amber migrated to the US when she was 13. She graduated from high school in Seattle and began her journey to become a medical provider by obtaining her licensed practical nurse certification. This enabled her to work, go to school and eventually to become an Advanced Registered Nurse Practitioner here at CBHA. She enjoys walking, hiking, knitting and crocheting. She also loves to cook and bake.

Undergraduate studies were done at Excelsior College, Albany, NY and the University of Washington in Bothell; she obtained her Master of Science in Nursing in the Family Nurse Practitioner Program at Seattle Pacific University.

"My philosophy of care is patient-centered. Everything revolves around the patient. I'm very excited to be able to take total care of my patients at CBHA. We offer medical, dental and vision care, mental health, family services, pharmacy – the list is long – to all patients. I am so pleased to work here!"

WELCOME

Dr. Syed Gillani, DO

FAMILY PRACTICE

Originally from Pakistan, Dr. Gillani obtained his medical degree and served as director of a 17-bed level IV trauma center in Kashmir, Pakistan. He moved to the United States in 2001 and continued his medical education.

After Dr. Gillani received his Doctor of Osteopathic Medicine from NYIT College of Osteopathic Medicine in New York, he completed a three-year residency at the Southern Colorado Family Medicine Residency Program in Pueblo, Colorado. He also completed a Rural Medicine with Obstetrics Fellowship at Tacoma Family Medicine in Tacoma, Washington.

In his spare time, Dr. Gillani enjoys cooking, writing, photography and music.

"I was very ill with cancer when I arrived in the United States. During treatment I came into contact with others who were also very sick – many of them from underserved populations without many resources. A new sense of what it means to be compassionate swept over me and I vowed to really show compassion to my patients in the future. I consider it a privilege to live and work here."



WELCOME

Ilona Buts

DENTAL HYGIENIST

Ilona is, by nature, a caregiver. She truly enjoys helping people and worked for five years as a Home Care Aid. She is looking forward to her new career as a dental hygienist.

She and her husband live in Burbank, WA and have a one-year-old son. Ilona enjoys weight training and also likes to take photographs – especially of beautiful scenery around the world.

Ilona graduated from Columbia Basin College with an associate degree in Dental Hygiene and an associate in Art and Science degree. She believes it is important to educate her patients about the importance of good oral health and how it affects their overall wellness. She reminds us that regular check-ups and professional tooth cleaning are vitally important.



WELCOME

Dr. Francisco Prada

FAMILY PRACTICE

Dr. Francisco Prada is originally from Colombia and even before he went to medical school, he knew he wanted to care for underserved populations. Dr. Prada left Colombia to earn his undergraduate degree at Lynn University in Boca Raton, Florida, and then obtained his Doctor of Medicine degree from American University of Antigua in Coolidge, Antigua. He went on to complete his Family Practice Residency in Atlanta, Georgia.

When not caring for patients, Dr. Prada wants to be outdoors. He loves spending time with his black labrador "Diego." He is excited about downhill skiing this winter; he plans to take up cross country skiing as well. Future plans also include exploring the area on a bike. He also frequently volunteers in the community.

"Working with underserved populations is a longtime dream for me. I accepted this position because I could see CBHA had the necessary leadership to provide the right kinds of support and tools to enable me to take really good care of my patients."



WELCOME

Sarah Segura

DENTAL HYGIENIST

Sarah describes herself as an outdoor person. As a demonstration of that commitment, she completed the Badger Mountain Challenge with her sister – an experience she describes as "very challenging!" Sarah also likes to garden and she enjoys going on road trips to beautiful destinations; a trip to Multnomah Falls in Oregon this past summer was "so beautiful."

Sarah graduated from Columbia Basin College with an associate degree in dental hygiene and an associate of science degree. She also is continuing to work online towards a Bachelor of Science in Dental Hygiene.

Sarah likes teaching patients how to take care of their teeth. Many people face a language barrier in communicating with dental providers. "These patients touch my heart. I speak Spanish and am very thankful to be able to help them communicate their concerns."



WELCOME

Jesstine Kane, PA-C

FAMILY PRACTICE

Jesstine completed her undergraduate studies at Whitworth College in Spokane, Washington and at Kean University in Union, New Jersey, where she obtained her Bachelor of Arts degree in biology. She went on to obtain a Master of Science in Physician Assistant Studies from King's College in Wilkes-Barre, Pennsylvania.

Jesstine and her husband own a 20-acre farm near Eltopia, Washington, where they enjoy their horses, goats, dogs, cats, chickens and one duck. Jesstine combines her love of animals and her interest in helping children in the volunteer work she does which includes helping special needs children ride therapy horses. She and her husband are also avid hikers.

"I am most excited about helping my patients live a healthy life on a daily basis – not just treating them with medicine when they are sick. I want them to live comfortably and develop healthy lifestyle changes."





From Customer Service to Crunching Numbers

Aries Gomez

CBHA Senior Accountant

Aries Gomez first came to CBHA in 2006, working as a Pharmacy Assistant. After a year in this role, she decided to pursue her secondary education.

Aries attended Eastern Washington University, earning a bachelor's degree in accounting and continuing on to earn an MBA from Washington State University Tri-Cities. With degrees in hand, Aries was excited to return to CBHA.

She was a staff accountant at CBHA for five years, using her business education and analytical abilities to help administer the revenue cycle side of accounting, accounts receivable, and calculating score cards. Working with reimbursement from insurance and managed care contracts are also key part of her role.

Aries enjoys the diversity of her work.

"I get to provide financial reports to leadership, and I know that long-term planning decisions are based on the information I deliver. I also see how we are reimbursed, how that works, and how the entire organization works as a whole."

Aries was recently promoted to Senior Accountant. In the coming year, Aries plans to work to become a Certified Public Accountant (CPA), and she hopes to pass the exam in the near future. She wants to provide more value to the organization.

"I think it's a privilege to work at CBHA. If you give 110%, you will do well here. CBHA really treats their employees well. I've enjoyed my time here, and I love that we provide important services to our community."

If you want to be a part of the CBHA Experience we are always looking for talented and passionate individuals. Learn more about CBHA and explore current career opportunities at CBHA.org